

# They Count on **YOU** to Get an Influenza Vaccine Every Year



When you get the flu, you expose your family, patients and coworkers to infection. Studies show that most healthy adults can infect others with the flu up to 1 day before they start having symptoms. And once sick, they can infect others for up to 5 days. *That's why it's important for you to prevent the flu by getting your flu vaccine every year.*

**Protect yourself. Protect your patients. Get *your* flu vaccine.**

For more information about influenza  
and the influenza vaccine call  
**800-CDC-INFO (800-232-4636)**  
or visit **[www.cdc.gov/flu](http://www.cdc.gov/flu)**



Department of Health and Human Services  
Centers for Disease Control and Prevention

